

Figure 1 is a schematic representation of the experimental design. It shows a sequence of five steps: 1. Pre-test (N=100), 2. Training (N=100), 3. Transfer (N=100), 4. Post-test (N=100), and 5. Follow-up (N=100). Each step is represented by a box containing a number and a description. Arrows indicate the flow from Pre-test to Training, Training to Transfer, Transfer to Post-test, and Post-test to Follow-up. A feedback loop arrow points from Post-test back to Training.

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